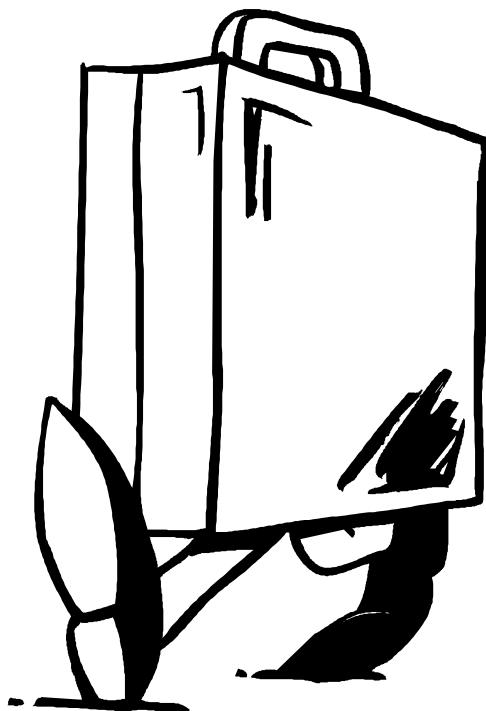


Fitness on the Go

DYNABANDS



The gym in a bag
Exercise at home
Exercise on the road

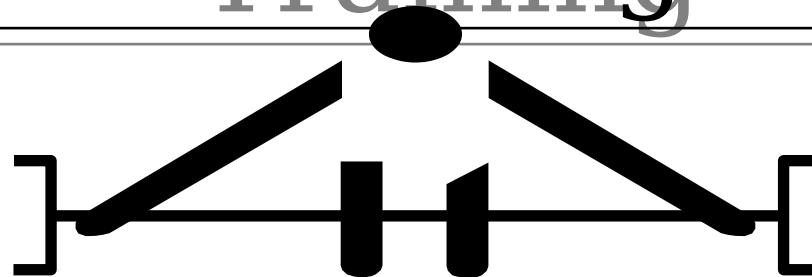
DYNABANDS

Strength training made easy

- Incorporating strength training exercises in home exercise program
- Light weight to pack in suitcases
- A tool to maintain fitness levels during TDY's
- Effective - it doesn't matter if you are a beginner or advanced exerciser; dynabands build muscular endurance and strength



Benefits of Strength Training



Increases Muscle Mass

Prevents Injury

Increases Strength of Tendons and
Ligaments

Increases Bone Density

Increases Metabolism

A workout for ALL levels

The bands are color coded

Easiest More difficult Intermediate
Hardest

pink

green

purple

gray

For more advanced training try these suggestions:

1. Increase the tension in the band
2. Widen the stance
3. Double up and add additional bands
4. Use hand held free weights in addition to bands

Getting Started - Warm

Up

1. Always begin your exercise routine with a warm-up. This increases blood flow, body temperature & prevents injuries.

2. Use the *FITT Principle:

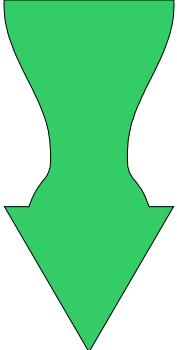
- Frequency: How often to exercise
- Intensity: How hard to workout
- Time: How long should the workout be
- Type of exercise: Should be specific to the desired end goal

3. Work larger muscle groups to smaller muscle groups (Legs → upper body → abdominals)

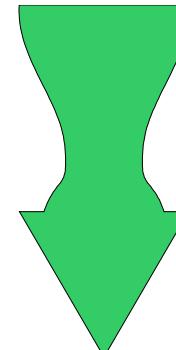
4. Stretch after your workout, not before

*See a trained professional for specific details

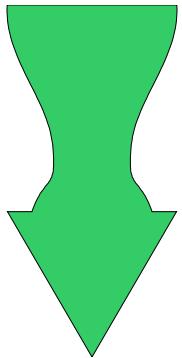




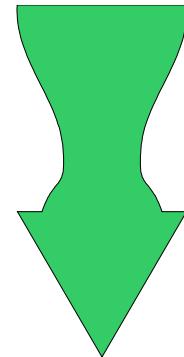
SAFETY



- When tying dynaband, use a bow knot and always make sure the knot is secure
- Work through full range of motion
- Breath! Exhale when shortening the muscle (during the first or more difficult phase)
- Keep tension in dynaband



More Tips



- When grasping the ends of the band for the various exercises, grasp the band at a point where the excess slack is removed
- Remove rings and beware of long, sharp fingernails
- Men particularly should wear long socks to prevent the dynaband from pulling hair

Leg Exercises

FOR ALL LEG EXERCISES TIE
DYNABAND INTO A FIGURE 8



Leg Exercises

Leg Extension

MUSCLES: Quadriceps

POSITIONING: Tie the band in a circle and make a Figure 8. Wrap around one ankle (stabilizer) and the other around the opposite arch (mover). In the seated position with legs extended out in front, extend and straighten one leg. Extend 8-12 times with each leg. Then keeping leg straight out in front, pull towards 8-12 times.



Leg Exercises

Leg Curl

MUSCLES: Hamstrings and Gluts

POSITIONING: Tie the band into a circle and make a figure 8. Place one end around ankle (mover) and the other around the arch (stabilizer). Lie on stomach and slowly bend leg to 90 degrees. Repeat 8-12 times. Be cautious about not straining your lower back.



Leg Exercises

Leg Abduction

MUSCLES: Gluts

POSITIONING: Tie the band into a circle and make a figure 8 and wrap around ankles. Lie down on your side with your knees and hips at 90 degree. Place both elbows on floor. Lift leg evenly up and down 8-12 times. Repeat on the other side. Hint: keep knee lower than the ankle (see below).



Leg Exercises

Leg Adduction

MUSCLES: Inner thighs

POSITIONING: Tie the band into a circle and make a figure 8 wrapping both ends around your arches. Lie down on you side, grab the band by top foot, pull band and bend top leg such that foot is stepping on the band. Lift bottom leg and try to touch the top thigh keeping the leg straight legs 8-12 times. Keep bottom foot parallel to floor. Repeat other side.

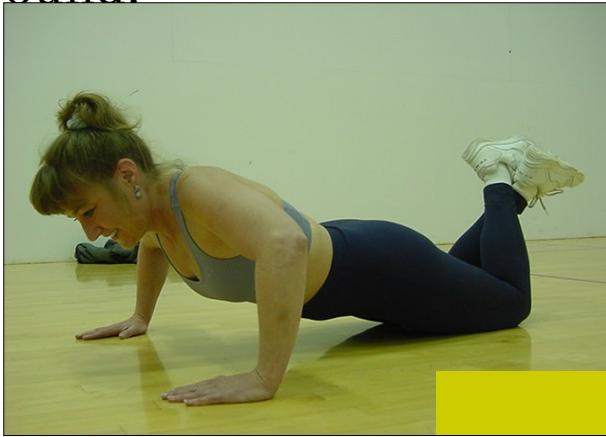


Upper Body Exercises

Warm up with push ups

MUSCLES: Chest, triceps, shoulders

POSITIONING: Lie on stomach, place hands on the floor shoulder width apart (hands right under arm pits). Keeping back straight push up and extend arms fully. Be aware of posture and keep back straight. Lower body until arms at 90 degrees. Modified push ups - cross ankles and keep knees on ground.



Upper Body Exercises

Advanced Push ups with Dynaband

MUSCLES: Chest, triceps, shoulders

POSITIONING: Wrap dynaband around back. Lie on stomach, place hands on the dynabands and shoulder width apart (hands right under arm pits). Keeping back straight push up and extend arms fully. Be aware of posture and keep back straight. Lower body until arms at 90 degrees.



Upper Body Exercises

Advanced push ups - Super Sets

MUSCLES: Chest, triceps, shoulders

POSITIONING: Supersets for most advanced - varying width of arms from wide to narrow. The goal is 6 sets of 8 without taking a break. When form starts being compromised drop to the next level. Wide positioning is military or modified pushups. Narrow positioning is military, modified, or double time diamond pressups - see below.



Upper Body Exercises

Chest Press

MUSCLES: Chest, triceps, anterior deltoid

POSITIONING: In standing position, stand with feet shoulder width apart, knees slightly bent and wrap band around upper back. Elbows are at 90 degrees and arms are parallel to the floor. Grab each end of the dynaband with each hand and extend forward and touch hands.

Take caution

Take caution. Perform 8 -



Upper Body Exercises

Incline Press

MUSCLES: Anterior deltoids, chest, triceps

POSITIONING: In standing position, stand with feet shoulder width apart, knees slightly bent and wrap band around upper back. Elbows are at 90 degrees and arms are parallel to the floor. Grab each end of the dynaband with each hand and extend over head and touch hands. Take caution not to let shoulders shrug. Perform 8 - 12 repetitions.



Upper Body Exercises

Flys

MUSCLES: Anterior deltoids, chest

POSITIONING: In standing position, with feet shoulder width apart, knees slightly bent and wrap band around upper back. Extend arms out to your side with them parallel to the floor. With arms straight touch hands out in front of you and squeeze chest muscles. “Hug the barrel.” Take caution shoulders shrug. Repetitions: 2 sets of 12 repetitions.



Upper Body Exercises

“Pec Deck”

MUSCLES: Chest, anterior deltoid

POSITIONING: In standing position, with feet shoulder width apart, knees slightly bent and wrap band around upper back. Bend arms to 90 degree, with arms perpendicular to floor. Grab each end of the dynaband with each hand. With arms bent touch elbows together out in front of you and squeeze chest muscles. Take caution not to let shrug. Perform _____ ons.



Upper Body Exercises

Front Raise

MUSCLES: Anterior deltoid

POSITIONING: Stand in lunge position with one foot standing on the end of the dynaband. Grab onto other end with one hand. With the elbow slightly bent lift in front. Stop motion when arm is parallel to the floor. Caution never go beyond 100 lbs. Repeat 8 - 12 times and do other side.



Upper Body Exercises

Lateral Raise

MUSCLES: Medial deltoid

POSITIONING: Stand in lunge position with one foot standing on the end of the dynaband. Grab onto other end with one hand. With the elbow slightly bent lift sideways. Stop motion when arm is parallel to the floor. Caution never go beyond 90 degrees. Repeat 8 - 12 times on each side.



Upper Body Exercises

Posterior Deltoid Isolations

MUSCLES: Posterior deltoid, triceps

POSITIONING: In standing position, with feet shoulder width apart, knees slightly bent. Grab both ends of the band, arms straight out in front of you. Position hands at 12:00 and 2:00. With arms slightly bent pull straight back with the 2:00 hand while the other arm acts as a stabilizer. Then position hands at 12:00 and 10:00 and pull 10:00 arm back. Do not change angle at elbow all motion is occurring at the shoulder. Make sure to keep arm angle the same throughout the exercise. Perform 8 - 12 repetitions.



Upper Body Exercises

Tricep Kick Backs

MUSCLES: Triceps

POSITIONING: Stand in lunge position with one foot standing on the end of dynaband. Grab on to other end with one hand. With the elbow slightly bent position arm in 90 degree position with elbow and hand behind the body. Shoulders are squared forward. This is just like a hinge - the only motion is occurring at the elbow. Extend arm and squeeze triceps. Take caution not to lift shoulder and shrug shoulder. Also prevent momentum from occurring and stop the motion at the hip. Repeat 8 - 12 per side.



Upper Body Exercises

Bent over Rows

MUSCLES: Latisimus dorsi, biceps, rhomboids

POSITIONING: Stand in lunge position with one foot standing on the end of the dynaband. Grab on to other end with one hand with arm out in front of the hips. Slowly pull band behind you bending elbow. Make sure to squeeze back muscles together and exaggerate sticking out the chest. Repeat 8 - 12 times and repeat other side.



Upper Body Exercises

One Arm Lat Pulldown

MUSCLES: Latissimus dorsi, biceps, trapezius, rhomboids, triceps

POSITIONING: In standing position, stand with feet shoulder width apart, knees slightly bent. Grab both ends of the band, arms straight and over the head. Use one arm to stabilize while the other arm pulls the other side down to shoulder height, leading with the elbow. Perform 8 - 12 repetitions. Change sides.

VARIATION: Double Arm Pulldown (see arrow in the first picture)



Upper Body Exercises

Two Arm Pullback

MUSCLES: Rhomboids, biceps

POSITIONING: In standing position, stand with feet shoulder width apart, knees slightly bent. Grab both ends of the band, arms straight out in front. Evenly pull both sides back, leading with the elbows. Exaggerate squeezing the shoulder blades together at the end of the motion. Perform 8 - 12 repetitions.



Upper Body Exercises

Seated Row

MUSCLES: Biceps, rhomboids

POSITIONING: Sit on floor with legs straight out in front of you and dynaband wrapped around the soles of your feet. Grab each end of the dynaband and pull toward you, by bending elbows and leading with them. Focus on squeezing the shoulder blades together. Repeat 8-12 times.



Upper Body Exercises

Bicep Curls

MUSCLES: Biceps

POSITIONING: Stand in lunge position with one foot standing on the end of dynaband. Grab on to other end with one hand with arm out in front of the hips palms up. Bend arm towards shoulder. Repeat 8 - 12 times and repeat other side.



Abdominals

Crunches

MUSCLES: Abdominals

POSITIONING: Place band on floor and lie on top of the band on back. Reach behind you and grab band, make sure there is resistance. Bend knees and do a normal crunch. Heels down, toes up, head in neutral position with eyes on the ceiling. Exhale as you come up. More advanced version is reverse crunches. Lift legs and cross ankles. In addition to doing normal crunch lift hips off of the floor. Repeat as many times as you can.

